HEALTHY ADULTS DAY: HOW TO AGE GRACEFULLY

HealthyAdultsDay.org

NORTHEAST COBB FAMILY Y

Reconnect. Rebalance. Reinvigorate.

The Northeast Cobb Family YMCA's first annual Healthy Adults Day celebrates ways to regain connections, fill in emptiness, rebuild form and fortify overall wellness. *For parents. Grandparents. Caregivers. Friends. Family.* Everyone is welcome on this free community day.

Register for the half-day event **Saturday, May 20,** that features screenings from Walmart Health, demonstrations from community businesses that support the wellness of aging adults plus keynote presentations about mental health, aging in place/fall prevention and Medicare and Medicare fraud. **Don't miss our door prizes, special giveaways and breakfast and lunch!**



Mind



Body



Spirit

Attendees will get a sampling of ongoing Northeast Cobb Family YMCA programs aimed at maintaining the mind, body and spirit of everyone in our community.

The pandemic challenged all of us to stay healthy, connected and sharp. As the world changed, maturing adults may have been cut off from their communities, friends and routines.

That's why there's Healthy Adults Day. The Northeast Cobb Family YMCA is more than a gym. We convene the community, and everyone belongs. Come for the day. Join for a lifetime.



When: Saturday, May 20, 8am- 2pm
Where: 3010 Johnson Ferry Rd., Marietta, Ga (next to Walmart, south of Shallowford Rd.)
Phone: 678.569.9622

Scan QR code to register:
Or enter the URL:
bit.ly/RegisterHealthAdultsDay2023
Class ID: 551634
Cost: Free

Walmart Health

SMP Senior Medicare Patrol
Preventing Medicare Fraud